

## ABSTRAK

ARI SEPTIYANTO: *Pengaruh Metode Latihan Mental Imagery dan Konsentrasi terhadap Ketepatan Floating Service Atlet Bola Voli Putra Junior Daerah Istimewa Yogyakarta*. Tesis. Yogyakarta: Program Pascasarjana, Universitas Negeri Yogyakarta, 2015.

Penelitian ini bertujuan untuk mengetahui: (1) perbedaan pengaruh antara metode latihan *imagery internal* dan metode latihan *imagery external* terhadap ketepatan *floating service* bagi atlet yunior putra klub bola voli D.I Yogyakarta, (2) perbedaan pengaruh konsentrasi tinggi dan konsentrasi rendah terhadap ketepatan *floating service* bagi atlet yunior putra klub bola voli D.I Yogyakarta, dan (3) interaksi kedua metode latihan dan konsentrasi terhadap ketepatan *floating service* bagi atlet yunior putra klub bola voli D.I Yogyakarta.

Metode penelitian ini adalah eksperimen dengan rancangan faktorial 2 x 2. Populasi penelitian ini adalah atlet klub bola voli yunior putra D.I Yogyakarta yang berjumlah 40 atlet. Sampel penelitian ini 36 atlet yang diambil dengan teknik *purposive sampling*. Instrumen mengukur konsentrasi dengan menggunakan *Grid Concentration Test*, untuk ketepatan servis bola voli menggunakan *AAHPER Service Accuraccy*. Teknik analisis data yang digunakan adalah ANOVA dua jalur pada taraf signifikan  $\alpha = 0,05$ .

Hasil penelitian menunjukkan bahwa: (1) Ada perbedaan pengaruh antara metode latihan *internal imagery* dan metode latihan *external imagery* terhadap hasil *floating service* bagi atlet klub bola voli yunior putra D.I Yogyakarta, terbukti dari nilai  $p = 0,041 < 0,05$ , metode latihan *internal imagery* lebih tinggi (baik) dibandingkan dengan metode latihan *external imagery*, (2) Ada perbedaan hasil *floating service* antara atlet yang memiliki konsentrasi tinggi dan konsentrasi rendah bagi atlet klub bola voli yunior putra D.I Yogyakarta, terbukti dari nilai  $p = 0,000 < 0,05$ , atlet dengan konsentrasi tinggi lebih tinggi (baik) dibandingkan dengan konsentrasi rendah terhadap hasil *floating service*, dan (3) Ada interaksi antara metode latihan (*internal imagery* dan *external imagery*) dan konsentrasi (rendah dan tinggi) terhadap hasil *floating service* bagi atlet klub bola voli yunior putra D.I Yogyakarta, terbukti dari nilai  $p = 0,041 < 0,05$ .

**Kata Kunci:** *metode latihan, internal imagery, external imagery, ketepatan servis*

## **ABSTRACT**

**ARI SEPTIYANTO:** *The Effect of Mental Imagery Training Method and Concentration on the Floating Service Accuracy for the Junior Male Volleyball Athletes in the Special Province of Yogyakarta.* **A Thesis: Graduate School, Yogyakarta State University, 2015.**

The purposes of this research were to know about: (1) the differences of effect between *internal imagery* training method and *external imagery* training method on the float serve accuracy for the junior male volleyball athletes in the Special Province of Yogyakarta, (2) the differences of effect between high concentration and low concentration on the float serve accuracy for the junior male volleyball athletes in the Special Province of Yogyakarta, and (3) interaction between both training methods and concentration on the Float Serve Accuracy for the Junior Male volleyball Athletes in the Special Province of Yogyakarta.

The method of this research was experiment with factorial design 2 x 2. The population of this research were the male volleyball club athletes in the Special Province of Yogyakarta that consisted of 40 athletes. The samples of this research were 36 athletes who were selected by using *purposive sampling*. The instrument to measure the concentration was *Grid Concentration Test* and to measure serve accuracy was *AAHPER Service Accuracy*. The data analyzing technique was two ways ANOVA at the level of significance  $\alpha = 0.05$ .

The result of the research show that: (1) there are differences of effect between *internal imagery* training method and *external imagery* training method to the serve performance for the junior male volleyball club athletes in the Special Province of Yogyakarta. It is evidenced by the value of  $p = 0.041 < 0.05$ , *internal imagery* training method is better than *external imagery* training method. (2) There are differences of serve performance between the athletes who have high concentration and low concentration for the junior male volleyball club athletes in the Special Province of Yogyakarta. It is evidenced by the value of  $p = 0.000 < 0.05$ , the athletes who have high concentration are better than the athlete who have low concentration for the service performance. (3) There is an interaction between training method (*internal imagery* and *external imagery*) and concentration (high and low) toward the serve performance for the junior male volleyball club athletes in the Special Province of Yogyakarta. It is evidenced by the value of  $p = 0.041 < 0.05$ .

**Key words:** *training method, internal imagery, external imagery, serve accuracy*